

Self-Compassion Journal

Self-compassion teaching, a quiz and reflective exercises

Research-informed use. Self-compassion practices are promising supports, not cures. Self-care does not substitute for medical care, supervision, workload change, safety, or social and organizational support.

ABOUT THIS RESOURCE

A client journal that opens with an 'all about me' page, explains self-compassion and the CARE model, and offers a self-compassion quiz, self-care planning, exploring strengths and accomplishments, faulty thinking and mindset exercises, the power of yet, the self-critical cycle and how to break it, accepting failure, a self-compassion wheel, affirmations and a gratitude heart.

The pages that follow reproduce the original handout exactly as published, placed inside the library frame. Nothing has been re-typed, reflowed or reconstructed, so worksheets, diagrams and forms print as designed. The header of each page names the source page it carries.

HOW TO USE IT

The self-critical cycle on page 20 pairs well with the thought-replacement exercise on page 16.

AT A GLANCE

AUDIENCE	Client Resource
FORMAT	Workbook
FAMILY	self-compassion · self-care · burnout
PAGES	27 in this edition · 26 original pages

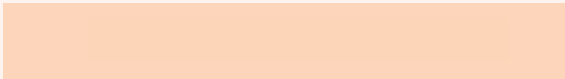
CONTENTS

1	All About Me	p. 3
2	Self-Compassion	p. 4
3	CARE in Self-Compassion	p. 5
4	Self-Compassion Quiz	p. 9
5	Self-Care	p. 11
6	Exploring Me	p. 13
7	My Accomplishments	p. 14
8	Faulty Thinking	p. 15
9	Develop the Mindset	p. 16
10	The Power of Yet	p. 17
11	The Self-Critical Cycle	p. 20
12	Accepting Failure	p. 21
13	Self-Compassion Wheel	p. 22
14	How to Break the Self-Critical Cycle	p. 23
15	Affirmations	p. 24
16	Gratitude Heart	p. 26

Page numbers refer to this edition.



SELF-COMPASSION JOURNAL





ALL ABOUT ME

NAME _____ NICKNAME _____

STAR SIGN _____ D.O.B _____

FAVOURITE FOODS

• _____

• _____

• _____

FAVOURITE SONGS

• _____

• _____

• _____

IF I WON A MILLION DOLLARS, WHAT WOULD I DO WITH IT?

WORDS THAT DESCRIBE ME

• _____

• _____

• _____

IN MY SPARE TIME I LIKE TO

• _____

• _____

• _____

A QUOTE THAT INSPIRES ME IS





SELF-COMPASSION

“

SELF-COMPASSION, BEING SUPPORTIVE AND KIND TO YOURSELF, ESPECIALLY IN THE FACE OF STRESS AND FAILURE. IT IS ASSOCIATED WITH MORE MOTIVATION AND SELF CONTROL.

”

-Kelly McGonigal



WHAT IS SELF-COMPASSION?

Self-compassion is the ability to be kind, forgiving, supportive, accepting, and loving to yourself, especially when confronting personal inadequacies or difficult situations. We can often be hard and demanding on ourselves, one way to practice self-compassion is to treat yourself the same way you would treat a loved one or your best friends. Give yourself the same advice and nurture that you deserve. Self-compassion is strongly associated with mental well-being and is linked to increased feelings of happiness, optimism, and connectedness, as well as decreased anxiety, depression, and fear of failure. It is a powerful source of coping and resilience; it helps motivates us to achieve our goals and cope with adversity.

MINDFULNESS

Recognizing when we are stressed or struggling without over-reacting, being too critical or judgemental toward ourself.

SELF-KINDNESS

Treating ourselves with kindness, considering our needs and practicing self-care.

CONNECTEDNESS

Remembering that everyone makes mistakes and experiences difficulties, at times. We are human and we you are not alone.



C.A.R.E IN SELF-COMPASSION

C

Care about yourself as you care about a loved one or best friend.

Consider your feelings and be kind and gentle to yourself every day.

A

You can add some daily affirmations to your self-care routine.

For example, "I am allowed to go easy on myself in times of distress."

R

Recognize when you are in pain or suffering and remember that it is a normal human experience. Recognize when you are too hard on yourself and give yourself a break.

E

Engage in self-compassion exercises. Add something fun and joyful to your life, something that will bring a smile.





SELF-CRITICISM

WHAT IS THE OPPOSITE OF SELF-COMPASSION?

For many people being self-compassionate doesn't come naturally; unfortunately, on the other hand, being self-critical seems to roll off the tongue far more easily. Self-criticism is that voice inside our heads that constantly criticizes us, puts us down, diminishes us, and is demanding, negative, and harsh. We all suffer from self-criticism to varying degrees; however, sometimes, it can be so powerful that it sabotages a happy and meaningful life. Self-criticism is a well-integrated pattern of thinking that undermines our ability to interpret ourselves, our surroundings, and events realistically. When self-criticism gains strength, it can affect our mental well-being, resulting in low self-esteem, confidence, and negative evaluations of ourselves.

Self-critical thoughts can be mean, harsh, punishing, and attacking. Examples of self-critical thoughts are "You're such an idiot," "why am I so stupid," and "you are so mentally weak, try harder".

“ THE CRITICAL VOICES IN OUR OWN HEADS ARE FAR MORE VICIOUS THAN WHAT WE MIGHT HEAR FROM THE OUTSIDE. OUR “INSIDE CRITICS” HAVE INTIMATE KNOWLEDGE OF US AND CAN ZERO IN ON OUR WEAKEST SPOTS. ”

Self-criticism is developed in childhood from early life experiences that we unknowingly internalize. It has been said that self-criticism is formed when we are very young and is often a reflection of how our primary caregivers or significant people speak to us. For example, if you were always told that you were not good enough, then when you get older, you will also belittle yourself and tell yourself that you will never be good enough. Thus, your self-criticism is shaped by external factors that ultimately define the way you speak to yourself.





SELF-CRITICISM

When you reflect on your early life experiences, is there anything that suggests how your self-criticism was formed?

Has your self-criticism always played a significant role in your life, or is it something that has gotten worse over time?

Self-criticism can be a great source of stress and self-sabotage. Can you list examples of when it has caused you stress or self-sabotage?

If you could talk to yourself right now, what powerful words would you say to stand up to your self-criticism?



CHALLENGING MY CRITICAL THOUGHTS

SELF-CRITICAL TRIGGERS Events, people or situations. For example, you make a mistake at work and your boss is upset at you.	SELF-CRITICAL THOUGHTS "I am useless, why do I always make silly mistakes."	SELF-CRITICAL FEELINGS Useless, helpless, doubt, frustrated.	INNER COACH VOICE "Everyone makes mistakes, it's how we grow and learn. Accept the mistake and think of all the good things that you do."	NEW FEELINGS Empowered, inspired, happy.





SELF-COMPASSION QUIZ

Take the quiz to find out if you need to practice more self-compassion.

Tick any that may apply to you.

	STATEMENT	TRUE?
1	I am often hard on myself.	
2	I always blame myself when something goes wrong.	
3	I am not deserving of nice things.	
4	When things don't go to planned I am often very critical on myself.	
5	I get upset with myself when things are not perfect.	
6	When things get hard in my life, I forget to practice self-care and look after myself.	
7	When I have a friend in need, I offer excellent advice; however, I never take that advice and apply it to myself in hard times.	
8	There are many things that I don't like about myself.	
9	I often feel that everyone else is doing a better job in life than I am.	
10	When I make a mistake I find it really hard to get over it, I often go over and over it in my head.	



SELF FORGIVENESS

No-body is perfect, and we all make mistakes. Making mistakes is what helps us learn and grow as individuals. It's important for your self esteem to let go of any negativity that you are holding onto and forgive yourself in order to move forward in your life.

List some of the things that you need to forgive yourself for and let go.





SELF-CARE

Self-care is an essential survival skill. Self-care refers to things we practice or engage in regularly to reduce stress and maintain or enhance our physical and mental well-being. Self-care is anything you do for yourself that makes yourself feel better or cared for can be considered self-care.

1 PHYSICAL

Sleep, stretching, physical activity, healthy eating and rest.

2 EMOTIONAL

Stress management, gratitude, acts of kindness, forgiveness and compassion.

3 SOCIAL

Personal boundaries, support systems, positive social media and spending time with loved ones.

4 SPIRITUAL

Time alone, space, yoga, meditation, mindfulness, connection and nature.

5 PERSONAL

Hobbies, self-identity, doing the things that bring you enjoyment.

6 SPACE

Safety, organization, clean and tidy, security and stability.

7 WORK

Time management, work boundaries, break time and knowledge.



SELF-CARE

Write down some ways that you could implement more self-care and self-love into your life.

1

PHYSICAL

2

EMOTIONAL

3

SOCIAL

4

SPIRITUAL

5

PERSONAL

6

SPACE

7

WORK



EXPLORING ME

THINGS I'M GOOD AT

COMPLIMENTS I HAVE
RECIEVED

WHAT I LIKE ABOUT ME

CHALLENGES I HAVE
OVERCOME

I'VE HELPED OTHERS BY

I'M A GOOD FRIEND
BECAUSE

MY BIGGEST
ACCOMPLISHMENTS

THINGS THAT MAKE ME
UNIQUE



MY ACCOMPLISHMENTS

You are proud of an accomplishment because it involves lots of hard work and effort. Could you list your achievements and obstacles that you had to overcome to achieve that goal?

ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME
ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME
ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME
ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME





FAULTY THINKING

Faulty thinking is a thinking style that our mind uses to convince us of one thing when it's completely untrue. The inaccurate thoughts are used to reinforce negative thinking patterns.

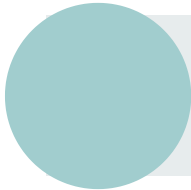
They are biased perspectives we take on unknowingly and reinforce over time.

These patterns of thoughts are often subtle and difficult to recognize when they become a regular feature of your everyday thinking. That is why they can be so damaging because it's hard to change something when you don't realize it needs to be changed.

REFRAMING THOUGHTS

Our thoughts determine our behavior; therefore, it is essential to have positive thoughts. Try and change the negative thinking into more positive, productive thinking.

Instead of..		Try..
Everyone is going to stare at me	→	People might look at me because they like my outfit
What if I make a mistake	→	
I won't know anyone at the party	→	
I don't want to do this	→	
No body at school likes me	→	
I am a failure	→	
I am going to come last	→	



DEVELOP THE MINDSET

Could you complete the exercise below where you replace your critical negative thoughts with positive thoughts and actions?



Fear of failure stops you from trying something new.



Trying something new by pushing yourself out of your comfort zone.



Comparing yourself to others and feeling less great about yourself.



Looking at others success as inspiration, rather than putting yourself down.





THE POWER OF YET

Imagine believing that you are capable of achieving anything.

When you develop a growth mindset, you understand that your abilities are not fixed and that learning new skills and intelligence is developed with persistence and determination over time.

A growth mindset opens the door to new possibilities, even those you once might have thought were unattainable.





THE POWER OF YET

Often, when self-sabotaging, we attach our thoughts with "what if?". For example, "What if I fail my test," "What if the doctor has bad news," "What if I'm late." When we do this, we are already predicting a lousy situation and failing to see any other possible outcomes. If you find yourself saying "What if," catch your thought and think of a positive "what if" situation instead.

NEGATIVE WHAT IF?.....	POSITIVE WHAT IF?.....

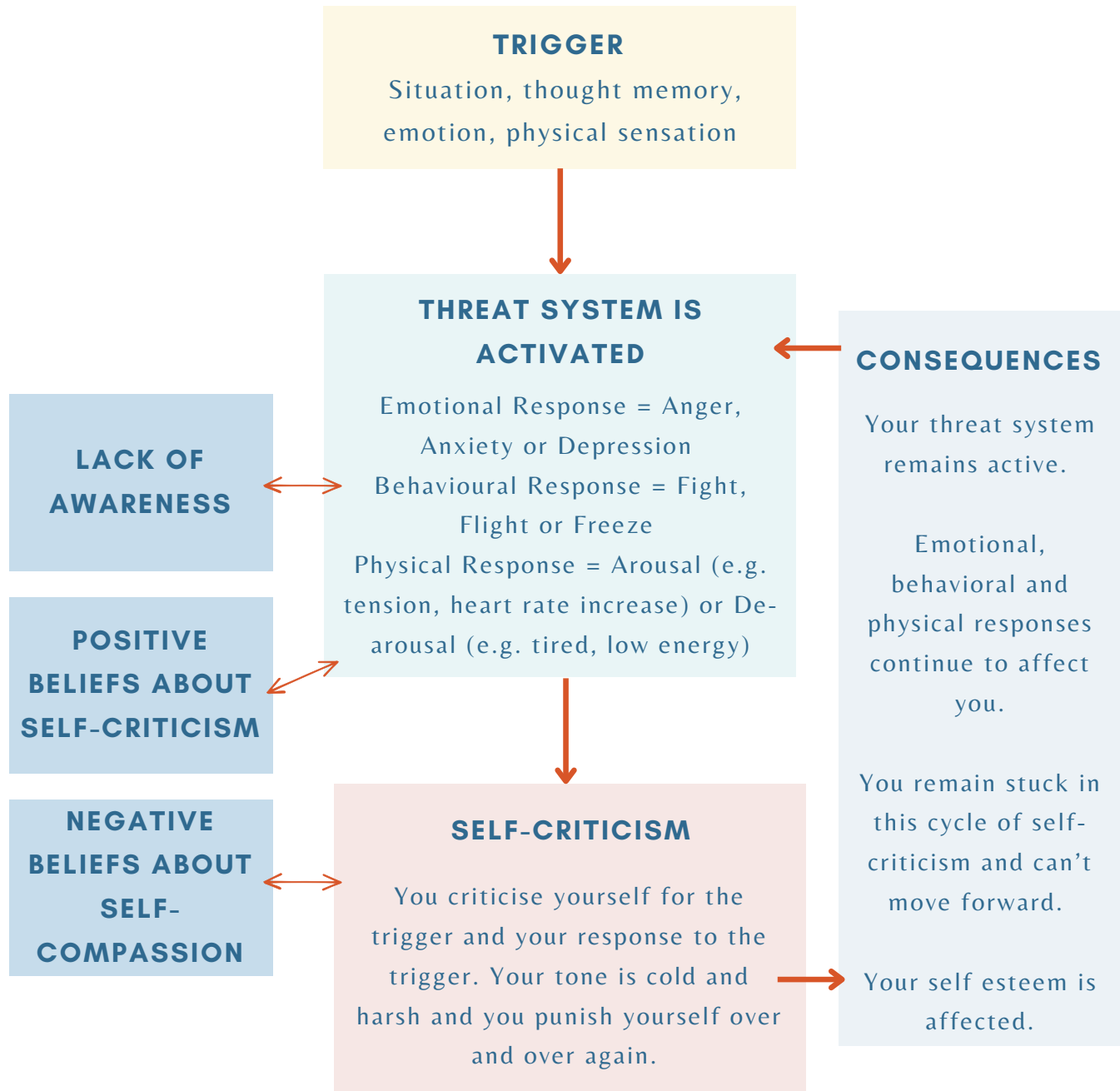


CREATE AN "I AM GREAT" FOLDER

Could you write down all the things that you are great at or have accomplished so far? These could be screenshots of kind messages you've received from fans, coworkers, friends, or family members. You could also include media clippings, data metrics, or other figures that show your accomplishments.



THE SELF-CRITICAL CYCLE





ACCEPTING FAILURE

If you plan to succeed in life, unfortunately, some failure on the way is inevitable.
Failure allows us to bounce back, to learn from our mistakes, and helps us appreciate success.

THINGS I FAILED AT

POSITIVE THINGS THAT I LEARNT AS A RESULT

REFLECTION: DO YOU STILL THINK YOU FAILED? WHY OR WHY NOT?



SELF-COMPASSION WHEEL

Courage

Being self-compassionate and kind is an act of courage. Sometimes we must make brave choices to bring kindness to ourselves, even though it might not come naturally.

Mindfulness

Recognize when we are stressed or struggling without overreacting, being too critical, or judgemental toward ourselves.

Wisdom

To be self-compassionate we need to make wise choices. We need to explore all of ourselves and our intentions.

Resilience

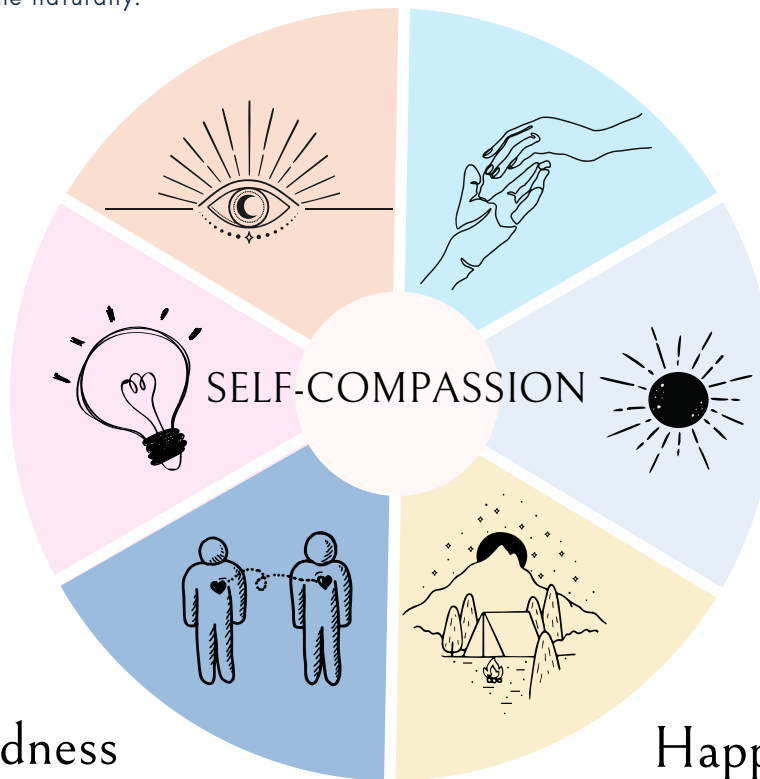
Everyone goes through some sort of suffering throughout their lives. but through self-compassion we can learn to become resilient, empathetic and learn through our challenges.

Connectedness

Remembering that everyone makes mistakes and experiences difficulties at times. We are human, and we are not alone. Nobody is perfect, and we all make mistakes. Making mistakes is what helps us learn and grow as individuals.

Happiness

Through self-compassion, we can better understand what makes us happy and what does not. As a result, we can make better decisions about the effort we put into significant, important things that can enrich our lives.



HOW TO BREAK THE SELF-CRITICAL CYCLE

1 Remind yourself that it's normal to feel below average some days. Some days are good and some days not so great.

Think about the positive "What If?"

2

3 Timebox your feelings. Set a timer for between 30-50 minutes and allow yourself to fully experience and process your emotions.

Practice gratitude daily. Expressing gratitude is an instant mood lifter.

4

5 Practice being mindful. Being mindful of your thoughts and feelings means you notice them, but you don't engage with them.

Name that behavior, the first step in overcoming anything is first identifying and acknowledging the problem.

6

7 Anticipate self-criticism triggers, try to identify what you triggers are.

Stop using self-criticism to motivate yourself, it doesn't work.

8

9 Brainstorm your top 10 personal qualities.

Remember 'The Other Golden Rule', treat your neighbor as yourself.

10





AFFIRMATIONS

"I do not
need to
change to
love myself"

"I forgive myself for
making mistakes"

"I accept myself for
who I am"

"I do not have to earn my self-
worth; it is there simply
because I exist"

"I have nothing
to prove"

"I am embracing
myself just as I am"

"I nourish my soul,
spirit, and body
because I deserve
self-care"

"I am kind to
myself just as I
am kind to
others"

"I am enough
because I am me"

"I accept the love I
deserve"

"I celebrate who I
am all the time"

"I give myself
permission to grow
and develop"



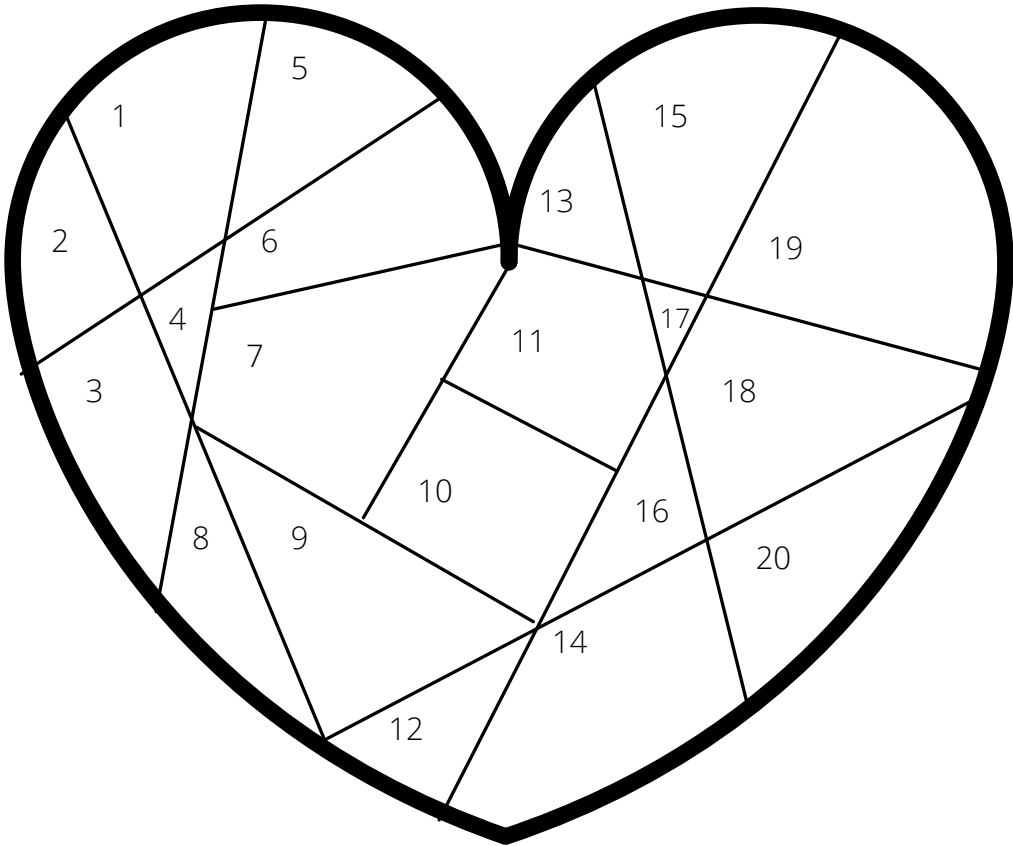
YOUR TURN





Gratitude Heart

Color each space with a colour that feels like a specific person, place or thing that you love and are grateful for.
Open your heart to everything big and small.



1 _____	6 _____	11 _____	16 _____
2 _____	7 _____	12 _____	17 _____
3 _____	8 _____	13 _____	18 _____
4 _____	9 _____	14 _____	19 _____
5 _____	10 _____	15 _____	20 _____



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is a small blue ink mark or smudge at the bottom left corner.

